



Pre-College Curriculum

It is important for each Upward Bound student and parent to understand the importance of following the pre-college curriculum. The pre-college curriculum is required for students who plan to attend colleges in the state of Kentucky. Students who do not follow the pre-college curriculum must take remedial courses in college. If you have not taken any of these courses, please notify your Upward Bound Academic Advisor and see your Guidance Counselor before it is too late.

New Officer SPOTLIGHT

During the summer, Upward Bound students voted upon their new officers for the 2009-2010 school years. These students are named as followed:

President

Christopher Murphy
Senior, Franklin County High School

Vice President

Sandra Amponsah
Junior, Franklin County High School

Secretary

Sophia Bellamy
Sophomore, Frankfort High School

Treasurer

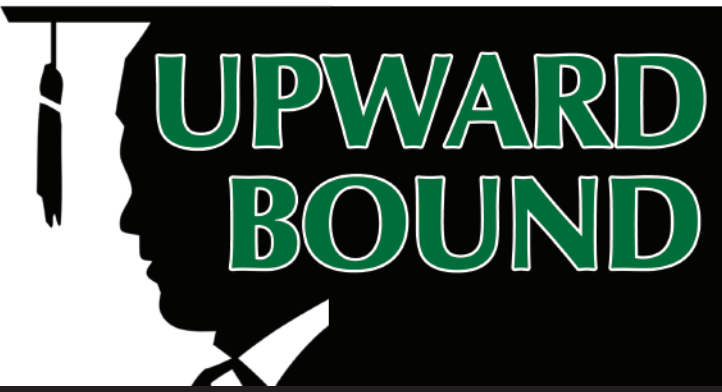
Gill Finley
Sophomore, Franklin County High School

Sgt-at-Arms

Thamara Pires
Sophomore, Franklin County High School

Congratulations to these students.

We are excited to have you a part of this year's leadership team.
We expect great things from each of you.



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Please feel free to contact us with your questions
and/or concerns. We are here to help you.



Volume One, Issue No. 3

UPWARD BOUND NEWSLETTER

Fall 2009

A Note from the Director

Greetings UB Family,

Wow! Fall is here and winter is right around the corner. All memories of our summer New York trip are deeply stored away for stories to pass on. Now, it's time to focus and buckle down or you will find yourself behind in your classes.

Please do not take these opportunities Upward Bound provides for granted, these investments are made to help you secure your greatest opportunities- completing high school and enrolling into college.

As director, I ask you to strive, push and do your best in your classes and take advantage of the tutoring offered to help you to get the grades you need to get into college. Don't forget your accomplishments are our accomplishments and your failure; so let us continue to work together!

Any parent who is interested in going back to school to complete your college degree can call our office. We will gladly help you make the proper contacts to propel you forth with your educational goals.

Remember, you are somebody and you can do all things. Please feel free to call the office at anytime and ask for help, we are here for you!

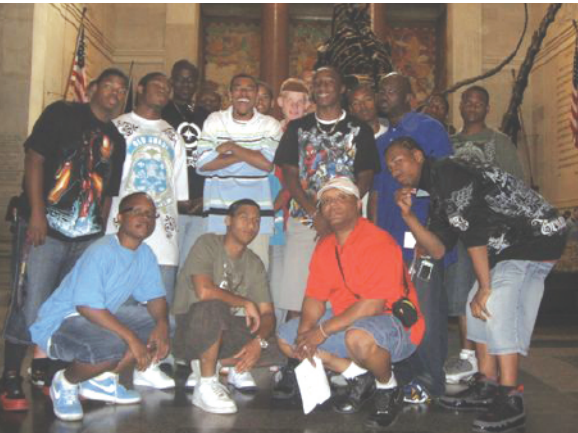
Your Director,

Gill Finley

Mr. Gill Finley
502-597-6935

*"Learning is a process
of thoughts and experiences"*

New York Overview



This past summer Upward Bound students traveled to New York City, the Big Apple! Students had many opportunities to visit popular sites such as the Statue of Liberty, Apollo Theater, American Museum of Natural History, Trump Tower, Central Park, St. John's University and a host of other sites. The students also attended the Broadway musical "In the Heights." Upward Bound

students also attended a taping of BET's 106& Park where they represented Kentucky State University and received national television coverage.

Several UB students also received the opportunity to meet celebrities such as rapper Jay-Z, basketball player Ron Artest, and comedian/late night host Jimmy Fallon. Upward Bound is pleased to provide wonderful educational and cultural experiences for its students.

University of Cincinnati College Tour and University of Kentucky College Fair

October was a pretty busy month for Upward. Students traveled to the University of Cincinnati for a college tour and admission informational. Several of the students were pretty impressed with the University and decided to put it on its their of potential colleges and universities to attend in the future.

In addition, Upward Bound took its students to a regional college fair held at the University of Kentucky. Students received the opportunity to visit at least 200 colleges and universities from across the United States. These students learned a great deal of academic and admission information from these institutions.

Senior SPOTLIGHT

MARIAH WILSON'S INTERVIEW

How do you feel about this being your last year of high school? I feel good, I get to go to college

What are you doing to prepare for college? I am working hard as well as working on my ACT Test

What colleges would you like to attend (at least three)? Midway college, Kentucky State University and University of Louisville.

Do you have any advice for Upward Bound underclassmen how they can prepare for college while they are still in high school? Work hard!

TIARA HOGAN'S INTERVIEW

How do you feel about this being your last year of high school? I feel happy that this is my last year in high school.

What are you doing to prepare for college? I am getting my information together and looking into different colleges

What colleges would you like to attend (at least three)? Western Kentucky University, Kentucky State University and Eastern Kentucky University.

Do you have any advice for Upward Bound underclassmen how they can prepare for college while they are still in high school? Work hard and make sure you do what you are suppose to do.

ARIEL DAWSON'S INTERVIEW

How do you feel about this being your last year of high school? I am very excited but nervous to go to college.

What are you doing to prepare for college? I am trying to make good grades and meet the deadlines to turn in information for college.

What colleges would you like to attend (at least three)? Western Kentucky University, Kentucky State University, or Midway College.

Do you have any advice for Upward Bound underclassmen how they can prepare for college while they are still in high school? Always do your work, study hard and make sure that you turn in your assignments on time.

TYLER'S MATTISON INTERVIEW

How do you feel about this being your last year of high school? Looking forward to graduation.

What are you doing to prepare for college? Filling out college applications

What colleges would you like to attend (at least three)? Western Kentucky University, University of Florida, or Eastern Kentucky University.

Do you have any advice for Upward Bound underclassmen how they should prepare for college while they are still in high school? Keep up grades and do good on your ACT Test.

CHRIS MURPHY'S INTERVIEW

How do you feel about this being your last year of high school? I feel okay with it. I will miss Upward Bound and my friends in high school. I am looking forward to college.

What are you doing to prepare for college? I am taking course that pertains to my chosen field. I've joined more clubs in high school and taking more honors classes

What colleges would you like to attend (at least three)? University of Kentucky, University of Louisville and Georgetown College.

Do you have any advice for Upward Bound underclassmen? How can they prepare for college while they are still in high school? Take the challenging classes, stop playing around and make sure you get the right classes that require you to graduate. Don't take the easy way out.

Community Service



College Readiness Workshop

In August, Upward Bound took its Seniors, Juniors, and several Sophomores to the University of Kentucky for its annual "College Readiness Workshop." The workshop was geared towards students from either first generation or low-income households. Students received free test-taking strategy skills from KAPLAN, leadership development training, information about college preparation and academic enhancement. Students were also inspired by several informative speakers.

The Academic Counselor's Corner

by T'Ebony Torain

Academics With Attitude

I GOT A NEW ATTITUDE

WKU? KSU? UK? U of L? Spelman? Harvard? Morehouse? Which college is the best fit for you? As the school year takes off, I want each of you to remember the goal of Upward Bound: to get students into college. Upward Bound is a college preparatory program with the purpose of helping students who are first-generation and/or low income achieve the goal of going to college.

Each year, the Upward Bound staff works hard to ensure we are doing our best to meet your academic needs. We plan for college fairs, workshops, college tours, and career enrichment all for the purpose of getting you into college. Our desire is that you

try your very best and refrain from taking your Upward Bound experience for granted.

In continuing with our theme, "Academics with Attitude," it is very important that each of you develop a new, optimistic outlook upon your academics. School isn't just school. It is your ticket to a successful future. Every decision that you make and every step that you take affects your future.

School is a stepping stone to college. Choosing not to study will determine whether you attend Spelman or Lane College. Choosing not to prepare for your ACT's will determine whether you receive either full scholarship or a partial scholarship. Choosing not to get involved in any clubs or organizations while in high school may determine whether you attend college in state or out of state.

We enjoy having each of you in the program. Most importantly, we would like for every one of you to attend the college of your choice in the future. Yet, you have to do your very best to stand apart from the rest. This includes studying, working hard, attending tutoring, and notifying the Upward Bound staff if you are struggling academically. We are always here to help you. Have a great semester!



Courage

*Courage is what we need to Move on
Willingness to fight and look for a New Dawn
Hope in our heart and dreams in our Eyes
We should aim to become noble and Wise
Speaking truth and encouraging Youth
Raising the bar and moving at Par
Crossing every hurdle every Hour
With Destination so near yet so Far
Endurance to withstand Hardship or Stress
Winning formula for achieving Success*

— Priyanka Sahi

Schedule of Events

August 8th	College Readiness Workshop
August 29th	Senior Meeting - 12-2p.m., ASB Fifth Floor
September 12th	Parent and Student Orientation - 9:30-11:00a.m.
September 18th	Registration for ACT test is due
September 19th	Senior Meeting - 10-3 p.m., ASB Fifth Floor
September 26th	Tentative
October 10th-11	Surprise Activity
October 24th	ACT test
October 31st	ACT test prep. Math and English/Haunted House <i>Must attend test prep. in order to attend Haunted House activity</i>
November 6th	Registration for ACT test is due
November 21st	Berea College campus tour
December 5th	Hot Breakfast and Financial Aid Workshop sponsored by KHEAA
December 12th	ACT Test